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In the United States Patent and Trade Mark Office

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In re application of : DANNY ADCOCK
Title: EXERCISE DEVICE
Serial Number: 10/537240
Filed on : 26 November 2003
10 Correspondence Date: 30 April 2008
Examiner: LoAn H Thanh
Art Unit 3764

15 Amendment and Response to First Official Action

Commissioner of Patents
P.O. Box 1450
Alexandria VA 22313-1450

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Sir,

This amendment is in response to the office action mailed to the applicant on 30 April
2008.

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Please amend the above application as indicated below:

In the claims:

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1. (DELETED) A device for the exercise of the musculature of the upper arm, said
device adapted to provide a resistance force to the rotational movement about the elbow
of the forearm towards the upper arm and wherein said rotational movement lies between
the limits of approximately an angle of 90.degree. at the elbow and that angle between
35 said forearm and said upper arm limited by contact between said forearm and said upper
arm.

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2. (DELETED) The device of claim 1 wherein said device comprises telescopically
assembled inner and outer tubular elements, said tubular elements provided with end
closure means at the outward ends of said tubular elements; said outer tubular element